

## Concentration in Counselling and Mental Health

The Counselling and Mental Health Concentration is designed to provide students with the foundational knowledge, critical thinking, therapeutic relationship and self-reflection skills necessary for future clinically oriented careers. Students will use empirical research and experiential learning to study the continuum of human psychological experience and the psychological skills, therapeutic relationships and interventions that have been developed to address cognitive, emotional, or behavioural disturbances across the lifespan.

Name: \_\_\_\_\_ Student Number: \_\_\_\_\_

Students will be required to complete a minimum of 18.0 credits from the courses listed below. Note that all 2000 and 3000 level courses are required. The minimum average GPA across all courses counting towards the Concentration is a C+.

Concentration Requirements	Completed	Grade
<b>2000-Level Courses</b>		
HH/PSYC 2130 3.0 - Personality		
HH/PSYC 2110 3.0 - Developmental Psychology		
<b>Plus 6 credits from the 3000-Level courses listed here</b>		
HH/PSYC 3140 3.0 - Psychological Health, Distress, & Impairment		
HH/PSYC 3350 3.0 - Cultural Psychology		
HH/PSYC 3640 3.0 - Psychology of Intimate Relationships		
<b>Plus 6 credits chosen from the 4000 level courses listed below</b>		
*HH/PSYC 4060 6.0 - Counselling Psychology		
*HH/PSYC 4061 3.0 - Theoretical Approaches to Counselling and Psychotherapy		
*HH/PSYC 4062 3.0 - Skills and Techniques in Counselling and Psychotherapy		
HH/PSYC 4030 6.0 - Behaviour Modification		
HH/PSYC 4145 3.0 - Addiction Etiology and Treatment		
HH/PSYC 4590 3.0 - Psychology of Trauma		
<b>Total number of credits completed:</b>	<b>0.00</b>	
<i>*If selecting from these options: PSYC 4060 6.0 is a course credit exclusion of PSYC 4061 3.0 and PSYC 4062 3.0. You may only take 4060 <b>OR</b> PSYC 4061 and PSYC 4062</i>		

For more information about your Concentration please visit our website at:

<https://www.yorku.ca/health/psychology/concentrations/counseling-and-mental-health/>

For information about degree requirements in Psychology, please visit the University academic calendar at:

<https://calendars.students.yorku.ca/>

If you have questions or concerns about your Concentration or degree requirements please contact the Undergraduate Psychology Office at: Phone: 416.736.5117 - email: [psyc\\_conc@yorku.ca](mailto:psyc_conc@yorku.ca) - Location: 291 Behavioural Science Building